

August newsletter from your healthcare providers Canterbury Wellness Center

In this issue we bring you information about minimizing insomnia, pointers on achieving the life you want, a list of healthy living books recommended by the American Dietetic Association, access to Diabetes support groups specifically for African American patients, and information about great Pilates classes in the Wash Park Neighborhood!

Sleep Disorders:

10 Tips to Get You Sleeping Again

(from www.webmd.com)

If you are suffering from insomnia, there are many steps you can take to change your behaviors and lifestyle to help you get to sleep. Here are some tips:

Wake up at the same time each day. It is tempting to sleep late on weekends, especially if one has had poor sleep during the week. However, if you suffer from insomnia you should get up at the same time every day in order to train your body to wake at a consistent time.

Eliminate nicotine, caffeine, alcohol, and other stimulants. This includes certain medications such as theophylline, beta agonists (usually as inhalers) and decongestants, especially prior to bedtime. The effects of caffeine can last for several hours, perhaps up to 24 hours, so the chances of it affecting sleep are significant. Caffeine may not only cause difficulty initiating sleep, but may also cause frequent awakenings. Alcohol may have a sedative effect for the first few hours following consumption, but it can then lead to frequent arousals and a non-restful night's sleep.

Limit naps. While napping seems like a proper way to catch up on missed sleep, it is not always so. It is important to establish and maintain a regular sleep pattern and train oneself to associate sleep with cues like darkness and a consistent bedtime. Napping too much, or for too long during the day, can affect the quality of nighttime sleep. A short nap (around 20 minutes or so) in the mid- to late afternoon can be helpful, however, and should not interfere with getting to sleep at night.

Exercise regularly. Regular exercise can improve sleep quality and duration. However, exercising immediately before bedtime can have a stimulant effect on the body and should be avoided. Try to finish exercising at least three hours before you plan to retire for the night.

Limit activities in bed. The bed is for sleeping and having sex and that's it. If you suffer from insomnia, do not balance the checkbook, study, make phone calls, etc. while in bed or even in the bedroom, and avoid watching television or listening to the radio. All these activities can increase alertness and make it difficult to fall asleep.

Do not eat or drink right before going to bed. Eating a late dinner or snacking before going to bed can activate the digestive system and keep you up. If you suffer from gastroesophageal reflux (GERD) or heartburn, it is even more important to avoid eating and drinking right before bed since this can make your symptoms worse. In addition, excessive drinking prior to bed can overwhelm the bladder, requiring frequent visits to the bathroom.

Make your sleeping environment comfortable. Temperature, lighting, and noise should be controlled to make the bedroom conducive to falling (and staying) asleep. Your bed should feel comfortable and if you have a pet that sleeps in the room with you, consider having the pet sleep somewhere else if it tends to make noise in the night.

Get all your worrying over with before you go to bed. If you find you lay in bed thinking about tomorrow, consider setting aside a period of time at night before you go to bed to review the day and to make plans for the next day. The goal is to avoid doing these things while trying to fall asleep. It is also useful to make a list of, say, work-related tasks for the next day before leaving work. That, at least, eliminates one set of concerns.

Reduce stress. There are a number of relaxation therapies and stress reduction methods you may want to try to relax the mind and the body before going to bed. Examples include progressive muscle relaxation (perhaps with audio tapes), deep breathing techniques, imagery, meditation, and biofeedback.

Consider participating in cognitive therapy. Cognitive therapy helps people with insomnia identify and correct inappropriate thoughts and beliefs that may contribute to insomnia. In addition, cognitive therapy can give people the proper information about sleep norms, age-related sleep changes, and help set reasonable sleep goals, among other things.

How to Get the Life You Want

[This is a portion of a WebMD Feature from "Redbook" Magazine](#)

By Kristyn Kusek Lewis

You've been putting it off forever — that secret dream to start a business, write a book, run a marathon.... Whatever your desire, ignoring it means denying who you really are. And don't you deserve better? Here, your no-excuses, no-regrets guide to answering the voice in your head that says, "I want more."

Step 1: Hunt and gather.

Get your hands on any info you can find about what it'll take to attain your goal. Read online, check out books and magazines, investigate courses and local adult-education centers and colleges, and talk to people who've done what you want to do. Don't know anyone with "connections"? Call associations that represent the subject area that interests you (if you want to become a massage therapist, call the American Massage Therapy Association) or visit businesses related to your dream (Want a horticulture degree? Chat up the salesperson at your local garden center). "This is a confidence-builder because it helps squash the feeling that you need to know it all from the outset," says Fortgang.

Step 2: Tackle your fear.

When you're embarking on something huge that you've never done before, it's completely natural to be scared. "You're out on a limb without a net and you don't know what the outcome will be," says Fortgang. Keep your nerves under control by having an "anchor"—a tangible reminder of your goal that you can refer to when you start to wonder why the heck you're putting yourself through all this. That anchor might be anything from a mission statement that you write in your journal, to an object you keep on your desk, to a person (your husband, your sister, a close friend) you can turn to for encouragement whenever you need it.

Step 3: Take baby steps.

You don't need to know how to get from point A to point Z when you start. Write up a plan of small to-do's that will take you to one milestone, and then keep repeating the process until you've reached your goal. "The enormity of the task of writing a book proposal really worried me and my coauthor since we both have kids and full-time jobs," recalls Colburn-Smith. "Breaking the project down into bite-size chunks made it feel manageable and kept us moving from one step to the next." Multiple mini-goals also

give you plenty of opportunities to celebrate your many accomplishments, which will keep you motivated all along the way to the finish line!

Step 4: Walk your walk.

When your hard work starts paying off—say, you've been accepted to a graduate school program or you've written half the recipes for your cookbook—act like the expert you are by identifying yourself that way, which will help you take yourself seriously. When introducing yourself, get in the habit of saying, "I'm a writer" or "I'm a chef." Or get business cards printed up with your new info, as Colburn-Smith did. Don't be wishy-washy about it: Statements like "I'm trying to be an author" or "I'm sort of working on becoming a therapist" can mentally sabotage you, while treating yourself like a complete success reminds you that you will be one!

Top Nutrition and Lifestyle Books Recommended by the American Dietetic Association

[Entire list available from the ADA website \(www.EatRight.org\)](http://www.EatRight.org)

Mindless Eating: Why We Eat More Than We Think

by Brian Wansink, PhD. Bantam Books, 2006.

Learn how to recognize those triggers that make you want to eat too much, or want to eat those foods loaded with empty calories. Written in an easy-to-read style that will make you nod your head in recognition of your own cravings.

10 Habits That Mess Up a Woman's Diet:

Simple Strategies to Eat Right, Lose Weight, and Reclaim Your Health

by Elizabeth Somer, MA, RD. McGraw-Hill, 2006.

How many of us taste-test while cooking? But those calories don't count, do they? Learn about the many simple mistakes women make that interfere with successful dieting.

Weight Watchers She Loses, He Loses: The Truth about Men, Women, and Weight Loss

by Karen Miller-Kovach, MS, RD. Wiley, 2007.

Addresses the differences between men and women regarding excess weight and the advantages of working on weight loss as a couple. Identifies motivators for each gender and strategies for teaming up to lose weight together.

365 Days of Healthy Eating from the American Dietetic Association

by Roberta Larson Duyff, MS, RD, FADA, CFCS. Wiley, 2004.

This title contains practical hints, tips and strategies — one for each day of the year — for keeping healthy eating and regular exercise at the top of your daily agenda. More than 60 simple, flavorful recipes for meals and snacks are included.

The Way To Eat

by David L. Katz, MD, MPH and Maura Gonzalez, MS, RD. Source Books, 2003.

The Way to Eat is a comprehensive guide to a lifetime of eating well in support of three goals: overall good health, weight control and the enjoyment of food. *The Way to Eat* helps readers identify the common barriers to healthful eating in the modern nutritional environment, including busy schedules, the easy access to fast, fatty foods and our predisposition to prefer fats and sweets. Strategies for overcoming barriers are stressed.

The Center for African American Health offers Diabetes Classes

**Full list of resources from the Center for African American Health available at:
www.caahealth.org**

The Center for African American Health offers a number of classes and workshops for those living with diabetes, at high risk for diabetes and those caring for someone with diabetes. All classes and workshops require advance registration. Please contact the diabetes health office at 303-355-3423.

July 23, 2007 to August 27, 2007
Mondays from 5:30 to 8:00 p.m.

Focus on Diabetes Self-Management Class
Center for African American Health

September 17, 2007 to October 22, 2007
Mondays from 5:30 to 8:00 p.m.

Focus on Diabetes Self-Management Class
Center for African American Health

Pilates Classes



Are you interested in improving your core strength, balance and flexibility while getting rid of that tummy at the same time? Pilates is based on principles of dance and it is designed to lengthen your body. People often report they feel taller and notice a decrease in their belly fat after only 3 weeks if they practice it correctly. Pilates is has also been an effective form of exercise for any age and even for those with injuries.

Drive Coaching is offering pilates classes on Friday evenings. Come often as swim suit season is here!

Where: St. John's Lutheran Church 700 S. Franklin St. Denver, 80209

When: Fridays at 6:30pm

- Classes are paid in groups of 5 sessions. Participants can use the sessions whenever they fit in their schedule (don't have to use them consecutively).
- This is not your average pilates class, lots of attention, lots of modifications for beginners, social group, healthy snacks, etc.
- Pilates will also begin in South Aurora/East Centennial in the fall.

Call (303) 317-6833 or e mail laura@drivecoaching.net to inquire about these awesome pilates classes.